

Covenant School of Nursing Reflective Practice

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Instructional Module: 6

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<p>Step 1 Description</p> <p>On my first day of my psychiatric clinical rotation I was designated to the outpatient clinic at Sunrise Canyon. I was partnered with two great nurses who have years of mental health and psychiatric nurse experience. I spent my seven hours of clinical caring for patients by assisting the physicians and their assistants with laboratory orders placed in the patient's medical record. These labs are drawn to ensure that the medications are working appropriately with their current prescription. In addition, I also assisted the nurses with medication injections for patients who made or have scheduled appointments. My duty was to assist the nurses in any way possible to ease their work load and provide the best care for patients seen in their clinic. The staff was very nice and caring to the patients who came in for their visits. They did an excellent job by creating a personal relationship. The nurse assistants that work there were also very friendly; they were productive and hard-working in their care also assisting the nurses in their work load. Overall, with the hard work and compassionate care provided amongst today's team we were able to make the patients seen today in outpatient clinical at Sunrise Canyon and their treatment better as they progress through their plan of care.</p>	<p>Step 4 Analysis</p> <p>From previous experience in clinical I should know better than to perceive how my clinical day will go but, after speaking with friends who have worked in mental health and generalizing my own ignorant perception of mental health nursing I was worried I would not be able to handle it. The broader issue that came from this perception is that I was hesitant with my first couple of encounters thus giving that patient a scared and hesitant interaction instead of a genuine one. After self-reflection, I realized that I was making assumptions and basing my potential experience based on the ones of others and how they handle experiences of discomfort. Initially due to me allowing my friends and previous perception to affect my interaction I started out slow and timid. The impact of different perspectives can have a lasting hold and may start the situation negatively and depending on the person can affect one's perception of themselves and the situation in general. I am thankful at this time that I had an encouraging staff to work with and that my patients were very welcoming and encouraging. If it was not for their support and my knowledge of having an optimistic attitude my clinical experience in mental health could have been a bad experience.</p>
<p>Step 2 Feelings</p> <p>Initially I was very worried and scared about how mental health nursing would go. I wondered if I would be able to handle the patients and their needs. I wondered what type of population I would encounter and how they would receive me as a nursing student in their provided care. Having to attend a mental health clinical made me very excited. After attending my clinical day I realized that the patients I encountered are just like any other person seen in places like the grocery store or movie theater. It made me feel assured in knowing that I can provide excellent care as a nurse as long as I approach each situation with an open mind and take action encounter by encounter. The words and actions of the nurses and staff made me feel very good about myself and the help I provided. It made me feel very good knowing that I was helping the staff provide the best care for their patients. After my clinical day was over I felt very pleased and accomplished with myself and the care I provided. I knew that I did my best and that my best was perceived when one of their workers stated that I needed to apply when I finish nursing school as I would be a great asset to their team. The most important emotion during this first clinical is to gather myself and provide the best and most knowledgeable care. I know how the best feeling was seeing their smiling faces and encouraging words as I went through my day not only from staff but most importantly from the patients I provided care for. Seeing that they believe in me and reassuring me I did a great job made me realize I am doing my best and that is all I can do.</p>	<p>Step 5 Conclusion</p> <p>I could have made this situation better by coming in with knowledge of others experiences but to also formulate my own perception and belief on how my clinical day would go. There was nothing else others could have done to make this clinical day better because they did. As mentioned before I could have from the beginning had a positive outlook and genuine interaction on my first patient interaction. I have learned that sometimes clinical sites that I may be working on may be new and unknown but it is in my own self that I should cope and discover myself in the situation at hand.</p>
<p>Step 3 Evaluation</p> <p>The whole day of clinical was a great experience. My whole day consisted of working with a loving staff that created personal</p>	<p>Step 6 Action Plan</p> <p>Overall I enjoyed my first psychiatric clinical rotation today. I did my best and worked hard to help and prove to the staff and</p>

relationships with the patients, confiding trust and honest care with them as they dealt with their own life struggles. Honestly nothing was bad about today's clinical experience. The day was busy and yet very doable with teamwork. I had about 20 blood draws and the same amount of injections. I did well at staying calm when down inside I felt nervous. My nurses did excellent at reassuring me that I was doing well and helping me anytime I had any questions or concerns. I did expect a very different outcome from today but after my first patient interaction I realized that these patients are caring individuals that live life just like anyone else. The only thing that went wrong was one of my blood draws had blown and I had to re-stick my patient. After encouragement from my nurse and the patient I did well and got the labs needed. I contributed my care and time as I worked hard and was productive and helpful in any way I could be.

myself that I am right where I need to be. In conclusion, I realized that self-perception and confidence in new experiences are necessary in becoming an adaptable and better nurse. There is no justification for my feelings of ignorance but more so understanding that I am being molded and shaped to be the best nurse possible by getting the opportunities to experience different populations in nursing. In hindsight, I would formulate my own perceptions and experiences and base them off of how I would handle my own clinical rotations. What I can take away from this lesson learned is to become more confident in my care and knowledge and to give myself grace by allowing room for learning as I continue to progress my way to becoming the best nurse possible. What this has taught me about myself and my professional practice is that when feeling uncomfortable and unsure about specialties and populations to engage myself into those situations and populations to become a better-rounded nurse. I will use this experience as I progress through the nursing program and beyond in order to provide the best and most knowledgeable care to those who are in need.

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